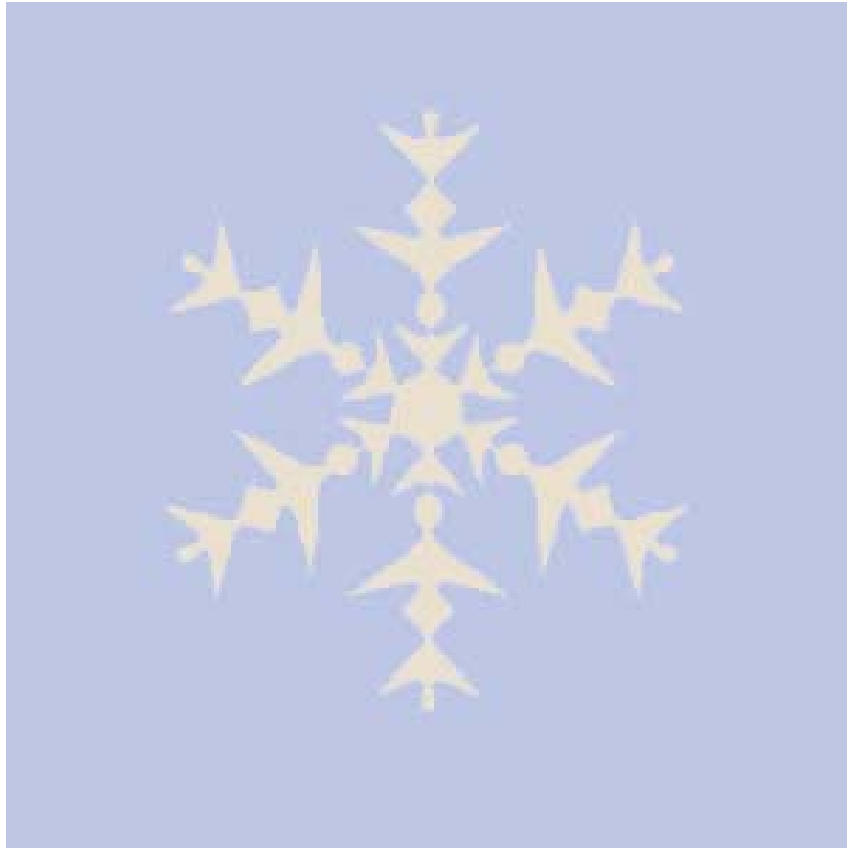


2009 WINTER PROGRAMS



For more information:

Parks, Recreation & Downtown Services

302 Willard Street

Wilmington, NC 28401

(910) 341-7855 or TTY Relay 711

www.wilmingtonrecreation.com

WINTER 2009 PROGRAMS
OFFERED BY PARKS, RECREATION &
DOWNTOWN SERVICES FOR CITY OF WILMINGTON
FOR MORE INFO: CALL 341-7855 OR TTY RELAY 711

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SPECIAL EVENTS

SPECIAL OLYMPICS POLAR PLUNGE

Saturday, February 21, 2009

Carolina Beach Boardwalk

Take a chilling plunge in the Atlantic Ocean and raise money for Special Olympics. You can plunge as an individual or as a team.

For more information , call 341-5876 or TTY Relay 711
or visit www.plungenhc.com

OUTDOOR SPORTING GOODS SALE—NEW AND USED

February 28, 11 am -1 pm, Halyburton Park (4099 S. 17th Street)

Looking for a used kayak or backpack? Have you updated your gear supply and are looking for a good home for your old gear? This is a great opportunity to sell or purchase gear for yourself or for a friend. Vendor fee is only \$5 for individuals and \$15 for businesses. George "Tin Man" Andrews will be selling his famous Mama's Kitchen cooksets and Mapdannas, and local kayak retailers will have some new and used kayaks, paddles and PFD's for purchase. In addition, last year's sale included golfing equipment, bicycles, surfboards, and wet suits. Don't miss this opportunity to find good deals or find a good home for your old gear! Call 341-0836 for more information or complete a vendor application form at www.adventurepathways.com

BIKE CYCLES ADVENTURE SPRINT

March 28 9 am - 2 pm

Do you have what it takes to be an adventure racer? In the seventh-annual Adventure Sprint at Greenfield Lake, racers will be challenged with over three hours of canoeing or kayaking, trail running, biking, and mystery events. Cost is \$40 per team and \$25 for individuals; registration deadline is March 6. For more information and a registration form, visit our web site at www.adventurepathways.com. or call 341-0836

ATHLETICS

343-3682 or TTY Relay 711

SOFTBALL REGISTRATION

Adult softball registration will be held on Monday, March 2 from 8:30 - 5 pm at 302 Willard Street. Team fees will be \$600 for all adult leagues and church leagues and \$350 for women's leagues and all coed leagues. League play will begin Monday, April 6th.

For more info call John Rancke at 343-3682.

MIGHTY PINTS BASKETBALL PROGRAM

(Boys and Girls ages 5 – 7)

MLK Community Center (401 S. 8th Street, Wilmington)

Cost: \$20 per player

Registration from February 2-25, 2009

Season: March 14 - April 4, 2009

For more information, call 341-7803.

SLAM! BASKETBALL PROGRAM

Boys and Girls ages 14 – 17

MLK Community Center (401 S. 8th Street, Wilmington)

Cost: \$10 per player

Registration March 16 - April 9, 2009

Season: April 25, - May 30, 2009

Season Ends: May 30, 2009

RIP! YOUTH GOLF AGES 9 – 15

Boys & Girls Cost: FREE

Registration January 5 - 14, 2009

Season: January 15 - December 15, 2009

Total of 6 youths ages 8 -11

Total of 6 youths ages 12 -15

For more information,
call the MLK Community Center at 341-7803.

ADVENTURE PATHWAYS



Adventure Pathways is an exciting program that provides participants of all ages with opportunities for adventurous activities. Call 341-0836 or visit www.adventurepathways.com for more information.

RETIRED ADULTS HIKING CLUB

Third Mondays

Do you love to hike and learn about natural history along the way? We will explore a different trail every month with an experienced trail guide. Each hike will be approximately 2 miles. Cost is priced per session, or \$35 for all four. Transportation from Halyburton Park is included.

Sugarloaf Dune @ Carolina Beach State Park--\$10
January 12, 1-3 pm (Meet at 12:30 pm)

Jones Lake State Park--\$10
February 16, 1-3 PM (Meet at 12 pm)

Coastal Horizons--\$10
March 16, 1-3 pm (Meet at 12:30 pm)

Bethel and Alderman Parks--\$10
April 20, 9-11 am (Meet at 8:45 am)

FIRST WEDNESDAYS PADDLING CLUB

Join us on some of Eastern North Carolina's most pristine waters on the first Wednesday of each month. Learn about the variety of waterways in our region and enjoy some quiet time out on the water. Cost is \$20/person and includes canoe, equipment, and transportation. If you have your own canoe or kayak and would like to join us, cost is only \$10/person.

Registration deadline is one week prior to each trip.

Space is limited, so register early!

Sturgeon Creek, Leland - March 4 10 am-2 pm

Northeast Cape Fear - April 1 9 am-1 pm

ADVENTURE LECTURE SERIES

Second Wednesdays January - March

Halyburton Park Events Center (4099 S. 17th Street)

Don't let the cold weather keep you from learning about and planning for adventure! Come to our free lecture series and hear presentations by three explorers who have braved three different long-distance trails; the Southern Appalachian Trail, the North Carolina Mountains to Sea Trail, and California's John Muir Trail. All three presentations will include a slideshow and Q & A session. Admission is free and registration is not required.

HIKING 600+ MILES ON THE SOUTHERN APPALACHIAN TRAIL

Guest Speaker: Gary Shell

January 14 6-7 pm

Starting in March 2008, Gary Shell hiked over 600 miles on the Southern Appalachian Trail, from Springer Mountain in Georgia to Southern Virginia. Experience the journey with him all over again as he recalls photos, friendships, and camp fires on the Appalachian Trail.

MOUNTAINS-TO-SEA TRAIL

Guest Speaker: Jeff Brewer February 11 6-7 pm

Upon its completion, North Carolina's Mountains-to-Sea Trail will stretch over 900 miles from the Tennessee State Line to Jockey's Ridge State Park near the Atlantic Ocean. Today, more than 480 miles of footpath are built, and the Friends of the Mountains-to-Sea Trail are working tirelessly to make the dream of a completed MST a reality. Jeff Brewer is the President of the Friends of the Mountains-to-Sea Trail, and completed his own 900+ mile trek on the Trail in 2003. Learn about the route and how you can complete your own thru-hike, or just learn a little bit about our state from a hiker's perspective. Program is free, but attendees will have an opportunity to make a contribution to the efforts of the Friends of the MST.

ULTRALIGHT BACKPACKING ON THE JOHN MUIR TRAIL

Guest Speaker: George Andrews March 11 6-7 pm

The John Muir Trail winds 200 miles through three national parks in California. George Andrews is the owner of Anti-Gravity Gear, an on-line ultralight backpacking gear supplier, and an accomplished long-distance hiker. He will engage us with a slide show about his trek on the John Muir Trail and bring along the packed backpack he used. He will have references available for planning a John Muir Trail hike and for ultralight techniques and gear sources. This is a terrific opportunity to learn more about backpacking the "easy" way, to fine-tune your backpacking skills, and to broaden your thoughts on hiking the West coast!

SPECIAL EVENTS

OUTDOOR SPORTING GOODS SALE—NEW AND USED

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Halyburton Park, 4099 S. 17th Street

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THE COURSE...

Canoe/Kayak..... 3 miles

Mountain Biking (on/off road).... 12 miles

Trail Running..... 4 miles

Mystery Events up to 2 miles

Grand Total: 21 miles

Divisions...

Two-person canoe—Coed

Two-person canoe—Men

Two-person canoe—Women

Individual kayak—Men

Individual kayak—Women

BOXING & PHYSICAL FITNESS CENTER

302 S. 10TH STREET, WILMINGTON

341-7872 OR TTY RELAY 711



The City's Boxing and Physical Fitness Center provides the opportunity for individuals to enjoy many of the same activities found at local health clubs for a fraction of the cost. The Center offers free weights, universal equipment, treadmills, stationary bikes, stairmasters along with personal training and classes. The Center is along the city's bus route, located at Robert Strange Park and just blocks from downtown and the waterfront. A perfect location for your fitness needs.

Center Director/ Personal Trainer: Karen Mutters

Asst. Director/ Personal Trainer: Erica Fonvielle

Recreation Assistant/ Trainer: Shawn Hallums

HOURS OF OPERATION

Mon-Fri 6 am– 8:30 pm, Sat 8 am to 12 pm

* Closed most major holidays and Azalea Festival weekend.

MEMBERSHIP FEES:

Eligible members must be at least 14 years old and accompanied by a parent or age 16 may attend with parental permission.

City Residents: \$50 Annually

Non-city Residents: \$85 Annually

PHYSICALLY CHALLENGED:

To find out more about this unique program please call the center for additional information. Morning hours are generally reserved for physical therapy conditioning.

BOXING & PHYSICAL FITNESS CENTER

302 10th Street 341-7872 or TTY Relay 711

CLASS SCHEDULE

BASIC AEROBICS

Monday thru Thursday 1:10pm

Instructor: Johnnie Mae Drayton

CARDIO KICKBOXING

Mondays 12 pm

Instructor: Karen Mutters

AEROBICS AND STRENGTH TRAINING

Wednesdays and Fridays 6 am

Wednesdays 12 pm

Instructor: Karen Mutters

YOGA

Mondays and Wednesdays 6 pm

Instructor: Barbara Wood

STEP BY STEP BODY JAM (DANCE)

Wednesdays and Fridays 7pm

Instructor: John Hollywood

** \$1 fee for members \$5 for non- members

Call 341-7872 for more information.



The City operates three community centers in Wilmington offering a wide variety of programs, special events and activities.

MARTIN LUTHER KING JR CENTER
401 S. 8th St. Wilmington
341-7866 or TTY Relay 711

DERICK DAVIS CENTER @ MAIDES PARK
(closed for renovations)
1101 Manly Ave, Wilmington
(910) 341-7866 or TTY Relay 711

HEMENWAY CENTER
507 McRae St., Wilmington
(910) 341-4633 or TTY Relay 711

MARTIN LUTHER KING JR CENTER

401 S. 8th Street, Wilmington

341-7803 or TTY Relay 711

This popular community center is located within historical downtown Wilmington. Newly remodeled in 2008, it offers a full-size gymnasium, large and small program/meeting rooms, game room, vending machines, computer room, play ground area, three baseball/softball fields, picnic area, tennis courts, outdoor swimming pool, outdoor basketball courts and a walking trail.

Hours of Operation

Mon - Fri 9 am - 8 pm

Sat 10 am - 4 pm

Important Numbers

Athletics.....910.341.0057

Special Events.....910.341.7866

Rentals.....910.341.0053

Volunteer Info.....910.341.0053

After School Program910.341.0056

MLK CENTER YOUTH PROGRAMS
Call 341-7803 or TTY Relay 711 for more information.

AFTER SCHOOL PROGRAM (K-8 GRADE)

Homework assistance, recreation activities, sports, etc Snacks provided

Mon-Fri 2:30 pm - 6 pm

\$25 registration fee/\$25 per month

REC ZONE (AGES 7-14)

Mon- Fri 6 - 8pm Sat. 10 am – 4 pm

No fee

Check out our recreation room- table & board games, big screen TV, arts and craft, sports and more. *dates and times may change depending on special events

TEACHER'S WORKDAY CAMP (K-8 GRADE)

Full day of action packed full day activities including indoor, outdoor activities, field trips, crafts, games and sports

8:30 am - 5:30 pm Cost: \$6 per child

** no program on, Jan 1 or Jan. 19

Pre-registration is recommended

DOUBLE DUTCH CLUB

(all ages welcome) (starting 1/14/08)

4 pm -5 pm No fee

STEP TEAM

Boys & girls (ages 5 and up)

Mondays 7 pm – 8 pm No fee

KINDER CORP

Creative art classes for toddlers. Daycares welcome

Mon and Wed 10 am - 11 am

\$1 per person

SPANISH CLUB

(ages 7-14)

Fridays 5 pm – 6 pm No fee

MLK CENTER YOUTH PROGRAMS
Call 341-7803 or TTY Relay 711 for more information.

KID'S NIGHT OUT (ages 7- 12)

1st Friday of each month 6 pm - 10 pm

\$10 per child- refreshments included

Youth enjoys an evening with friends, games, music, and lots of fun activities.

OPEN GYM

(ages 7-18)

Shoot some hoops by yourself or get involved in a pickup game

* times may change depending on special events

KARATE CLASS (ages 7-12)

Call 341-7803 for more information.

CHEERLEADING WORKSHOPS (ages 4-12)

participants will learn cheers, jumps and leaps with the incorporation of current dance techniques

Call 341-7803 for more info.

EXPRESSIONS - LEADERSHIP WORKSHOPS

(Middle & high school students)

Session will focus on strengths, healthy eating habits, hygiene, personal interests, and safe dating. Groups welcome

Call 341-7803 for more information.

Coming soon!! Jr. Chef Cooking Class

MLK PROGRAMS FOR ADULTS

NEW!! COMPUTER 101 – BASIC

Mondays & Wednesdays 9 am - 11 am

No Fee - 3 week session

Want to learn about computers but don't even know where to begin? Join us for this introductory class for people to computers. Learn basic information needed to turn on a computer, use a mouse and keyboard and introduction to Microsoft windows

MLK PROGRAMS FOR ADULTS

For more information, call 341-7803 or TTY Relay 711.

COMPUTER CLASS –IMMEDIATE

Tues & Thurs 6 pm -9 pm (6 wk sessions)

Fee: \$60 (Fee waivers available)

Learn about computer hardware and software including Microsoft Word, Excel and Publisher. Call 362-7189 to register.

SEWING

Mon & Wed 6 pm – 8 pm (4 wk sessions) OR

Saturdays 9 am -12 pm (8 wk sessions)

Learn how to measure, cut, layout patterns and perform basic sewing construction skills Fee: \$60

Call 362-7189 to register.

CAKE DECORATING

Tues & Thurs 6-8 pm (4 wk sessions) OR

Saturdays 9 am-12 pm (8 wk sessions)

Learn the different types of basic decorating techniques, from icing preparation to simple bordering. Fee: \$35

Call 362-7189 to register.

GED/ABE CLASS

Designed for adults whose academic skills are at 9th grade level or above, who have not completed high school, and wish to earn a GED diploma. Students receive instruction to prepare for the five areas of the GED exam. Call for more info. (NO FEE) Call 362-7189 to register.

ART FROM THE HEART

Tues & Thurs 10 - 11am \$1 per class

Arts and craft class designed especially for adults with disabilities. Participants will have the opportunity to explore a variety of “hands-on” creative

NEW!! FIT CITY FITNESS CLUB

Mon & Wed 7 am - 8 am No fee

Join us for one hour of fitness specifically designed to increase flexibility, strengthening and cardiovascular health.

MLK PROGRAMS FOR ADULTS

Call 341-7803 or TTY Relay 711 for more information.

NEW!! PLASTIC CANVASSING

Tuesdays 11:30 am - 1:30 pm No fee

Learn a variety of basic stitches patterns while creating masterpieces. Students must provide materials.

SENIOR GAME DAY

Mondays & Fridays 10 am – 11 am

No fee Seniors fellowship and enjoy bingo, spades checkers, and dominos, in addition to winning some great prizes

SENIOR VOLLEYBALL

Wednesdays 9:30 am - 11:30 pm No fee

If you haven't played before that will not be a problem -- learn with us.

40 + BASKETBALL

Tues & Thurs 10 am - 11am Seniors free \$2 for adults ages 40-50

SENIOR ARCHERY

Wednesdays & Fridays 8 am – 10 am No fee

CORPORATE LUNCH TIME BASKETBALL OPEN GYM

Wednesdays & Fridays 11 am -2 pm

No fee *Must show company ID badge

NEW!! BASIC BEADING- JEWELRY MAKING

Wednesdays 11:30 am -12:30 pm No fee

Learn the techniques of how to design a necklace, earrings and other keepsakes. Beads and tools will be supplied, but you can provide your own as well.

VOLUNTEERS NEEDED

**Volunteers needed for MLK Center.
For information, call 341-7803.**

HEMENWAY COMMUNITY CENTER

507 McRae Street, Wilmington, NC 28401

341-4633 or TTY Relay 711

AFTER SCHOOL PROGRAM (K-8 GRADE)

Mon - Fri 2:30 pm - 5:30 pm

Cost \$25 per month and \$25 registration fee)

Homework assistant (4-H curriculum), arts and crafts, games, leisure, and sport activities.

TEENS ON THE SCENE/SAFE DATES

Mondays and Wednesdays 4:15 pm - 5:30 pm

This awareness program is for teens measuring aspects of safe, helpful, healthy dating as well as career exploration, hot world topics

DRUM CLASS

Mondays 4 pm- 5pm

POTTERY CLASS

Tuesdays 4 pm - 5pm

DRAMA CLASS

Wednesdays 4 pm - 5pm

DOUBLE DUTCH

Thursdays 4 pm - 4:45pm

KEYBOARDING

Friday 3 pm-4 pm

HEALTHY CLASS

Enrichment program encourages kids to make good healthy choices through exercise and eating healthy foods.

TEACHER'S WORKDAY/HOLIDAY CAMP

Offered designated teachers workdays/winter break

9 am - 6 pm \$6 per day

(K-8 grade) full day of action packed full day activities including indoor, outdoor activities, field trips, crafts, games and sports.

KINDER KORP

Wednesdays 10 am -11:30 am \$1 per participant

This program is designed to assist preschoolers with sharpening their motor and social skills in arts and crafts.

SAFE DATES

Tuesdays 11 am -12 noon

Awareness program is for teens measuring aspects of what is considered safe, helpful, healthy dating.

HEMENWAY SENIOR PROGRAMS

341-4633 or TTY Relay 711

ART FROM THE HEART

Thursdays 1 pm- 2 pm

SENIOR COFFEE CLUTCH

Fridays 10:30 -12 noon

Seniors socializing with old friends, meeting new friends while discussing a variety of topics, playing games, crafts and inviting guest speakers encouraging the importance of health and social interaction

DOCKING

520-6875 OR TTY RELAY 711
R.T. Jones, Dockmaster

The City of Wilmington offers transient, part-day, & long-term docking facilities in Historic Downtown Wilmington along the scenic Cape Fear River. Floating docks with 30 and 50 amp power service are available within walking distance to area attractions, hotels, shopping, dining, theater, nightlife, laundry, post office, bank, and supplies. Accommodating vessels up to 100'. Docks are located approximately 15 miles from ICW. Reservations recommended.

RATES

Short Term/Transient:

\$1 per foot per day

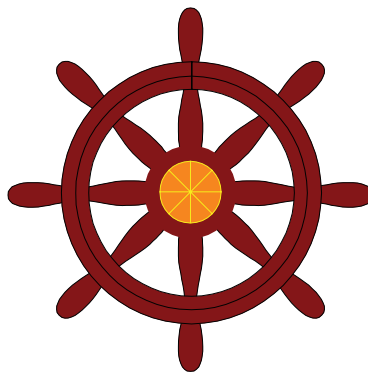
\$1.25 per foot per day with power and water

Part-Day:

\$5 flat fee (up to 6 hours)

Long Term:

\$5 per foot per month (Oct.1 – Mar. 1)





FIT FOR FUN CENTER

302 S. 10TH STREET, WILMINGTON

341-4630 OR TTY RELAY 711

The Fit for Fun Program offers play opportunities using developmental play equipment such as parachutes, tunnels, musical instruments, balls & indoor slides. Explore your creativity through our music and art programs. Check out our state of the art playground. Visit the center and watch your child's imagination and creativity come to life!

HOURS OF OPERATION:

Monday thru Friday: 9 am – 12 noon

1 pm – 4 pm

Saturday: 9 am - 12 noon

ADMISSION FEES

Children 5 years and under: \$4 per visit*

Special Events: \$5 per child

Adults are always free when accompanied by a child.

BIRTHDAY PARTIES! Call 341-4630 for information on birthday parties at Fit for Fun.

JANUARY JAMMIE JAM

January 23, 2009 from 10 am – 12 pm (Doors open at 9 am)

Admission: \$5.00 per child

Join us for a jammin' jammie party! Wear your favorite PJ's and bring along your teddy bear to join in our fun daytime pajama party. There will be live music, fun dance songs, and lots more!

MY FRIEND AND ME FOR TEA

February 13, 2009 from 10 am – 12 pm (Doors open at 9 am)

Admission: \$5.00 per child

Come to tea dressed in your best (white gloves are optional)! Bring your favorite lovey to join you. We will be celebrating friendship, manners and fun. We will be sharing (sweet) tea, cookies, and other treats.

HOP INTO SPRING

March 20, 2009 from 10 am – 12 pm (Doors open at 9 am)

Admission: \$5.00 per child

Celebrate the 1st day of Spring at Fit for Fun! We will be planting plants, making fun decorations, dancing around the maypole, and much more!

THE FIT FOR FUN CENTER IS A GREAT PLACE FOR A
BIRTHDAY PARTY.

CALL 341-4630 FOR MORE INFORMATION.

Fit For Fun Center

302 S. 10th Street

Wilmington

(910) 341-4630 or TTY Relay 711

Director: Colleen Gainov

WILMINGTON MUNICIPAL GOLF COURSE

311 S. Wallace Ave
Wilmington, NC 28409

FOR TEE TIMES, CALL 791-0558.

The Wilmington Municipal Golf Course was designed by Donald Ross in 1925 to provide the public with a quality, championship 18 hole golf course at affordable prices. The course itself is host to both men's and women's City Championships.

In 1989, the golf course bunkers were restored and renovated to complete the visions Donald J. Ross began in 1925. In 2002, the course was named one of the top 10 public access golf courses in North Carolina by Golf Week Magazine.

GREEN FEES

Please call 791-0558 to find out about multiplay discount cards.

City Residents (must provide current NC driver's license)

Weekdays/Weekends or Holidays

18 holes walking \$14.00 / \$15.00

9 holes walking \$ 10 / \$11.00

Non-City Residents

Weekdays /Weekends or Holidays

18 holes walking \$22.00 / \$23.00

9 holes walking \$16.00 / \$17.00

Junior Fees

Junior Fees \$7.00 to walk 9 or 18 - any day.

(17 & under)



CART FEES

\$12.00 per person for 18 holes/ \$7.00 per person for 9 holes.



HALYBURTON PARK

4099 S. 17th Street, Wilmington

794-6001 or TTY Relay 711

visit www.halyburtonpark.com

Little Explorer's Preschool Nature Programs: Ages 2-5

Bring your "Little Explorers" out to the park and discover nature through stories, songs, hands-on activities, hikes and crafts. Your children will delight in the many nature themes we explore each month. Space is limited and pre-registration is required for these popular programs. \$3/participant

SQUIRREL SURVIVORS

Mon Jan 12 10-11 am

Tues Jan 13 10-11 am

Learn all about how squirrels survive during the winter season by taking a hike to learn about squirrels behavior in the winter, along with a fun craft.

WINTER IN THE FOREST

Mon Jan 26 10-11am

Tues Jan 27 10-11am

Take a hike to learn all about the changes in the forest, and the animals that live in the forest throughout the winter.

ANIMAL TRACKING

Mon Feb 9 10-11am

Tues Feb 10 10-11am

Learn how to discover activities of different animals by hiking and looking for evidence of animals throughout the forest.

FEATHERS, FUR, AND FUN

Mon Feb. 23 10-11 am

Tues Feb. 24 10-11 am

Different animals have different types of body covering, come learn about them through stories, a hike, and a craft.

CAMOUFLAGE IN NATURE

Mon March 9 10-11am

Tues March 10 10-11am

Learn how animals hide to protect themselves from predators by going on a hike, and playing a game to see what animals camouflage well in nature.

SIGNS OF SPRING

Mon March 23 10-11am

Tues March 24 10-11am

Learn what happens during spring with animals and plants that live in the forest by taking a nature hike, then doing a fun spring craft.

WEE WALKERS AND TALKERS

Come join the wee movers and shakers of Halyburton Park for a series of FREE nature presentations for toddlers, twos and threes. Each presentation includes stories, movement, a nature theme and perhaps a fun craft. Come for one or enjoy the series as a whole. Older children welcome but encouraged to act as assistants. This series is presented by Daryl Rosenbaum (State of North Carolina Early Childhood Credential).

SOUNDS ALL AROUND

Thu Jan 15 10:30-11:30 am

Take a hike and listen to the birds, wind and squirrels. Collect sticks, leaves and pine cones. Share story time. With the help of a grown-up create a nature mobile that makes soft, rustling noises.

SMALL OR TALL

Thu Jan 29 10:30-11:30 am

Take a hike and look for what's big and what is small. Collect leaves. Share story time. Make a fun headband with big ears or little ears and decorate it.

DID THAT GROUND HOG REALLY SEE HIS SHADOW?

Thu Feb 5 10:30-11:30 am

Take a hike and look for shadows. Do we see the shadows of other animals? Share in Story time.

NATURE VALENTINES

Thu Feb 12 10:30-11:30 am

Take a hike and collect leaves. Share in story time. Create a nature Valentine for someone special.

MARCHING IN MARCH

Thu March 12 10:30-11:30 am

Thu March 26 10:30-11:30 am

A 'boots camp' for toddlers, twos and threes. Come stretch and hike. Sing "heads shoulders heads and toes", do the hokey pokey and discover the ways different animals in our park move too.move too.

NC BIRDING TRAIL HIKES

Third Thursdays

The NC Birding Trail is a driving trail to link birders with great birding sites across the state and the local communities in which they are found. North Carolina has an incredible diversity of habitats which provide food and shelter for more than 440 bird species throughout the year, making it a premier destination for birders and nature-lovers. Each month we will explore a different site along the Coastal Plain Trail in Southeastern NC. Each hike will be approximately 2 miles. Transportation from Halyburton Park is included. Cost: \$10 each trip

Suggs Mill Pond-\$10

Thu 2/19 9 am - 2 pm (Meet at 8 am)

Brunswick Town/Ft. Anderson -\$10

Thu 3/19 9 am - 11 am (Meet at 8 am)

FIRE AND THE LONGLEAF

Thu 1/22 9-11am

Sat 1/31 1-3pm

Wed 2/18 9-11am

Sat 2/28 9-11am

Wed 3/18 9-11am

Discover the importance of fire to the Longleaf Pine ecosystem and learn how prescribed fire enhances the health and safety of the forest. We'll hike through the park to see longleaf pines in various stages of growth and learn how this species has adapted to fire. Dress for the weather and wear comfortable hiking shoes. FREE

WINTER BIRDS

Thu 1/29 9am-4pm

Many birds can be found along the Cape Fear coast during winter. We'll explore a variety of habitats in the Carolina Beach, Ft. Fisher and Wilmington area to identify shorebirds, waterfowl, sparrows and other winter residents. This program is offered by the N.C. Wildlife Resources Commission. Registration is required. FREE

AUDUBON AT HOME

Mon 2/9 7-8 pm

Why do some people have so many birds in their yard and you don't?? Come and listen to Andy Wood, Audubon NC's Education Curator giving a presentation on Audubon at Home, focusing on maintaining and protecting bird-friendly habitats, plus some citizen-science projects, including the Great Backyard Bird Count. FREE

FROG CALLS

Tue 3/3 5-9 pm

Join Jeff Hall, Partners in Amphibian and Reptile Conservation Biologist with the N.C. Wildlife Resources Commission, to learn about frog and toad identification, ecology, why and how we monitor amphibians, and the field ID of frog calls. This workshop is free but registration is required.

BEGINNER'S BIRD ID

Sat 3/21 9-11 am

Learn the basic steps and many helpful tips to bird identification and then take a hike to practice what you've learned. Bring binoculars and field guides. Age 12 and up. FREE

PAINTED BUNTING OBSERVATION TEAM LECTURE

Thu 3/19 6-7 pm

The Painted Bunting Observation Team or PBOT is a group of citizen scientists who aid in developing strategies to sustain the Eastern Painted Bunting population throughout the Carolinas and Florida. Join Dr. Jamie Rotenberg to learn about the natural history of these stunning blue, red, green and yellow birds and how you can assist with PBOT.

BIODIVERSITY OF THE CAPE FEAR ARCH

Mon 3/23 6:30-7:30 pm

Join Kristen Rose, Conservation Specialist, to learn more about the Cape Fear Arch, a special geologic feature stretching from Cape Lookout to Cape Romain containing nationally significant animal and plant communities. Many of these species are endemic to the region, meaning they are found nowhere else in the world. FREE

JR. NATURALIST NATURE PROGRAMS: AGES 6-10

These nature programs will focus on new nature themes each month and provide your child with the opportunity to learn about the plants and animals living in the park through fun, hands on activities. Children will be able to develop a lifelong appreciation of nature and meet other children with similar interest.

WINTER SLEEPY TIME ANIMALS

Sat 1/24 1-3pm

Nature presents many signs of a cold, crisp winter ahead. Many animals batten down the hatches to hibernate throughout the season. Others hang around for the winter as they ruffle their feathers, thicken their fur, and forage for any remaining food resources. Discover what many animals do during the winter. Later, we will build a burrrrfect wintry craft. \$3/participant

BIRDY WHO?

Sat 2/21 1-3pm

Discover the world of birds in this interactive journey into their habits and life styles. Explore their adaptations to their environment as we hike through the woods and create a birrrrrrdific craft. \$3/participant

FOSSIL HUNT

Sat 3/14 1-3pm

Get a closer look at remnants of the past as you discover the remains of different animals that had been hidden beneath the sea for millions of years; until now. \$3/participant

MIGRATING INTO SPRING

Sat 3/21 1-3pm

As the bitter cold of winter disappears, many species of plants and animals begin to emerge. Discover some of the amazing ways plants and animals shift from cold to warm temperatures. Show off your spring time behavior by building a spring time craft. \$3/participant

Pre-registration required for all programs. Call 341-0075 or visit www.halyburtonpark.com for more information.

HALYBURTON PARK GENERAL INTEREST CLASSES

Halyburton Park is located at 4099 S. 17th Street

Pre-registration required for all classes.

Call 341-3237 or TTY Relay 711

www.halyburtonpark.com

PILATES

Pilate's matwork for the beginner or intermediate student will focus on building strength without bulk, improving flexibility and agility, and preventing injury.

These classes are taught by a certified Pilates instructor. Please bring yoga mat, water and wear comfortable clothes

Classes are held at Halyburton Park (4099 S. 17th Street in Wilmington)

Pre-registration is required for all classes. Registration forms are available at www.halyburtonpark.com.

Mondays, Jan. 5 – March 16

(no class Feb. 9) 6 pm

\$65 for 10 week session

Instructor: Ellen Longenecker

Tuesdays, Jan. 6 - March 17

(no class March 3)

Two Classes: 5:30 pm & 6:30 pm

\$65/person for 10 week session

Instructor: Jamie Annette

Thursdays, Jan. 8 – March 12

6 pm

\$65/person for 10 week session

Instructor: Ellen Longenecker

YOGA

This is a perfect opportunity to take classes with other beginners and continuing students. Please bring water, yoga mat, and wear comfortable clothes. Classes are held at Halyburton Park (4099 S. 17th Street in Wilmington)

Pre-registration is required for all classes.

Registration forms are available at www.halyburtonpark.com .

Questions? Please call 341-3237 or TTY Relay 711.

Mondays, Jan. 5 – March 16

(no class Feb.9)

7 pm

\$65/person for 10 week session

Instructor: Ellen Longenecker

Wednesdays, Jan. 7 – March 11

8 am

\$65/person for 10 week session

Instructor: Barbara Wood

Thursdays, Jan. 8 – March 12

7 pm

\$65/person for 10 week session

Instructor: Barbara Wood

Fridays, Jan. 9 – March 13

8 am

\$65/person for 10 week session

Instructor: Barbara Wood

GREENFIELD GRIND SKATE PARK

Located at Greenfield Lake
362-8222 or TTY Relay 711

The all concrete facility designed by Jim Rees spans over 9,000 square feet consisting of multi-bowls with a banked street course. The park features a variety of hips, rails, and ledges. The park is open 6 days a week offering both day and night skating.



All participants **MUST** wear helmets, knee pads and elbow pads. No exceptions will be made. Due to insurance restraints, children under the age of seven are not permitted in the park.

SCHEDULE

Monday: Closed

Tuesday: 12 noon to 10 pm

Wednesday: 12 noon to 10 pm

Thursday: 12 noon to 10 pm

Friday: 12 noon to 10 pm

Saturday: 12 noon to 10 pm (12-2 pm Beginner Session)

Sunday: 1 pm to 8 pm

FEES

Annual Membership:

New Hanover County Residents \$50

Out of County Residents \$75

Admission:

Members: FREE

Non-members: \$ 2

Discount Wednesday: \$ 1

SENIOR PROGRAMS

341-7253 OR TTY RELAY 711

The seniors program for adults 55 and older provides seniors the opportunity for social interaction and physical activity. A wide variety of programming is offered to this segment of the population including tennis, tone and tighten, and ceramics classes.

	DAY	TIME	LOCATION
Archery	W& F	8 -11 am	Legion Stadium
Badminton	M	12 - 2 pm	MLK Center
Basketball	Tu & Th	10 am - 12 noon	MLK Center
Billiards	M - F	8 am - 5 pm	Senior Center
Bocce Ball	Tu	9 -11 am	Empie Park
Bowling (fee)	M	9 am -12 noon	Cardinal Lanes
Ceramics	MW	8-12	Senior Center
Cheerleading	Tu & Th	1:30 - 3 pm	Senior Center
Sr. Golf Assn	M	varies	Different courses
Horseshoes	Th	9-11 am	Empie Park
Senior Runners	F	8:30 am	Diff. locations
Shuffleboard	Tu & Th	1 pm	Empie Park
Softball (men)	Tu & Th	9 am - 12 noon	Empie Park
Softball (women)	F	9 -11 am	Empie Park
Table Tennis	Tu & Th	1:30 pm - 3 pm	Senior Center
Tango Class	Th	1 pm - 2 pm	Senior Center
Tennis	MWF	7:30 - 9 am	Empie
Beg. Tennis	MWF	7:30 - 9 am 1:30 - 3 pm	Call 341-7253 for details.
Tone & Tighten	MW Tu & TH	1:30 - 3 pm 3-4:30 pm	Senior Center
Water Aerobics \$20 per month	Tu & TH	10 - 11 am	Crosswinds Apts.
Walking Club	<u>M</u>	9 am	Diff. locations
Volleyball	W	9:30 am	MLK Center
Yoga	T	9 am - 10 am	Boxing Center

SENIOR PROGRAMS

341-7253 OR TTY RELAY 711

DAY TRIPS

AIRBORNE AND SPECIAL OPERATIONS MUSEUM

Wednesday, January 28th

8 am - 5 pm

Cost is \$15/per person

Visit the only place where the history of the U.S. Army Airborne and Special Operations Forces is presented. This 59,000 square foot, state-of-the-art museum is one of the premier attractions in the area and features exhibits and memorabilia from this sector's inception in 1940 to the present day.

Registration deadline is January 19th.

DUPLIN WINERY

Thursday, February 28th

9 am – 4 pm

Cost is \$15/ per person

Enjoy a relaxing day at the Duplin Winery which is the oldest operating winery in North Carolina. Tour the winery while learning the history behind winemaking and legacy of the Muscadine. Have a taste of the infamous wine while taking in the amazing atmosphere. Also enjoy a great lunch at the Bistro located in Duplin Winery (lunch is on your own). Limited to 12 participants. Meet and depart from 302 Willard Street located near Greenfield Lake.

AIRLIE GARDENS

Tuesday, March 31st

7:30 am – 10:30 am

Cost is \$10/per person

Guided tour of the coastal site on the North Carolina Birding Trail, Airlie provides habitat for over 120 species of birds that vary seasonally throughout the year. Water birds such as egrets, herons, kingfishers, swallows, bluebirds, and titmice are also found on the grounds. Please bring your own binoculars if you have any. Registration deadline is March 23rd.

WATER AEROBICS

(held year round)

This program will be scheduled on Tuesdays & Thursdays

Time: 10 am – 11 am

Crosswinds Apts., located off St. Andrews Drive, held year round.

Cost will be \$20 per month.

WILMINGTON SENIOR WALKING CLUB

Mondays at 9 am

We walk for the exercise, the good company and the excitement of new friendships. We will explore new and exciting places.

WOMEN'S SOFTBALL LEAGUE

Fridays at 9 am

Looking for women players 50 & over. Call for more information.

OTHER PROGRAMS/EVENTS

Please call 341-7253 for details.

VALENTINES DAY PARTY AT CARDINAL LANES

Monday, February 9th

"YOUNG AT HEART" SWEETHEART DANCE AND SOCIAL AT UNCW

Wednesday, February 11, 2009 5:30-9: pm Free

Dance the night away with your sweetheart at UNCW's Valentines Day dance. Enjoy the afternoon with great food, music and old and new friends. Meet at the Senior Center at 5:30pm for a ride to UNCW .

SPORT CLINICS MARCH 9-14TH

Call 341-7253 for more information.

ARTHRITIS WORKSHOP AT HALYBURTON PARK,

March 23rd 9 am - 10 am FREE

Halyburton Park, 4099 S. 17th Street, Wilmington

Join us as we learn about how to live with Arthritis. Learn the symptoms, diagnosis, treatment, pain relief and cause. Arthritis can be painful often causing visible deformity, impacting grip strength and hand function. To learn more, register by March 22.



Special Olympics

For more information, call 341-5876 or TTY Relay 711

Special Olympics is an international program of year-round sports training and athletic competition for more than one million children and adults with intellectual disabilities.

Our mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for individuals with intellectual disabilities by giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes, and the community.

Fall Sports

- Bocce
- Soccer
- Golf
- Roller Skating
- Tennis

Winter Sports

- Basketball
- Cheerleading

Spring & Summer

- Softball
- Aquatics
- Bowling
- Powerlifting
- Track & Field

We also offer year-round programs in tennis, bowling and aquatics and summer camp in June and July.

SPECIAL OLYMPICS POLAR PLUNGE

Saturday, February 21, 2009

Carolina Beach Boardwalk

Take a chilling plunge in the Atlantic Ocean and raise money for Special Olympics. You can plunge as an individual or as a team.

For more information, call 341-5876 or TTY Relay 711
or visit www.plungenhc.com

VOLUNTEER OPPORTUNITIES
For information on volunteering,
call 341-5876.

FOR INFORMATION, CALL 341-5876 OR TTY RELAY 711

HELPFUL NUMBERS

SOCCER

Cape Fear Soccer Association - 392-0306

Wilmington Hammerheads Soccer - 256-0975

Port City Soccer (www.portcitysoccer.org) - 681-1430

CYCLING

Hurricane Cycling Club - 799-4134

Cape Fear Cycling Club - 256-6030

BASEBALL/SOFTBALL

Wilmington Recreation (softball) - 343-3682

Cape Fear Optimist Little League - 762-7065

Masonboro Optimist Little League - 233-3390

Winter Park Optimist Little League - 791-7907

Wilmington Sharks Baseball - 343-5621

Supper Optimist Baseball www.supperoptimist.com

Inner City Optimist Baseball - 457-3597

Senior Softball Association - 791-0852

FOOTBALL

Pop Warner Football and Cheerleading - 231-7487.

TENNIS

United States Tennis Association - 392-5807

Greater Wilmington Tennis Association - 686-5272

OTHER

Wilmington Municipal Golf Course - 791-0558

Cape Fear Fencing - 762-2962

Wilmington Roadrunners 270-3044

Cape Fear Ultimate - mail@capefearultimate.org

Halo Hoop (www.halohoops.com) 431-3082

REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____

E-mail address: _____

Emergency Contact (Name/phone): _____

Medical Restriction(s): _____

How did you hear about our programs? _____

—

Program (Please list):

_____ Date: _____ Time: _____

_____ Date: _____ Time: _____

Cost: _____

Please indicate method of payment.

_____ Check _____ Cash _____

Please make checks payable to: City of Wilmington.

Fax registration forms to 341-7854 or mail
City of Wilmington, 302 Willard Street
Wilmington, NC 28401
Questions, please call 341-3237.

ACCESS & INCLUSION

The Parks Recreation and Downtown Services Division does not discriminate on the basis of age, race, sex, color, national origin. The division is committed to promoting positive participation by providing reasonable accommodations for individuals with disabilities upon request. We believe in providing opportunities in settings where people of all levels of ability can recreate and interact together.

We utilize a variety of approaches to promote and provide access and accommodations to facilities, programs, and services. Accommodations are based on individual needs and may include the following:

- Sign language interpreters
- Adapted equipment and techniques
- Accessible facilities, parks and playgrounds
- Additional staff to provide program support
- Technical support to staff

We proudly endorse the National Recreation and Park Association's Position Statement on Inclusion of 1999. We are dedicated to the four inclusion concepts of:

- Right to leisure (for all individuals)
- Quality of life (enhancements through leisure experiences)
- Support, assistance and accommodations
- Barrier removal

For questions, concerns, or requests regarding the Americans With Disabilities Act call (910) 341-5876 or TTY Relay 711.